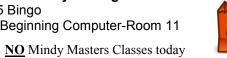
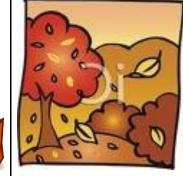
Monday		Tuesday	Wednesday	Thursday	Friday
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	3	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 OCFA Presentation: "Fire Safety"-DR 10:00 Health Talk: "Shots Aren't Just For Kids"-DR 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo  Viejas Casino Trip	7:30 Chess-Room 5 8:30 ESL-Room B 8:30 Safety Driving Class-Rm. 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 8:30 Safety Driving Class-Rm. 3-4 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment 9:00 W.O.W. Trip to Trader Joe's 9:15 Movie: "Burlesque" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 0:00 Hi-Cap-by appointment 10:00 Commission On Aging 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	10	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5-Last Day 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	8:00 Commodities-Room 5 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room 10:00 Bowers Museum Presentation-DR 11:45 Lunch 12:30 Beginning Adult Fitness-E/W Room 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "River of No Return" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Podiatrist 11:30 Lunch  Open 8:00 AM-1:00 PM
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	17	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room 10:00 Attorney-by appointment 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room 10:00 Hospice 101-Room 10 11:45 Lunch 12:30 Beginning Adult Fitness-East/West Room 12:00 Mexican Train Dominos-Room 10 12:30 Diabetes Support Group-Room A 12:45 Bingo 4:30 Dinner Group @ California Pizza Kitchen	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "October Sky" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	24	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room 10:00 Manicures & Haircuts-West Room 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	8:00 Preventive Health 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 OCFA Presentation: "Emergency Preparedness"-DR 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3-4 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:00 Birthday Lunch w/Entertainment 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Just Go With It" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch  Open 8:00 AM-1:00 PM
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10	31				

9:00 Needlework-Room 10
9:00 Intermediate Computer-Room 11
10:00 Mah Jongg-Room 5
11:00 Halloween Party-Dining Room
12:15 Bridge-Room 10
12:30 Life Story Writing-Room 5

12:45 Bingo 1:00 Beginning Computer-Room 11





OCTOBER 2011

